

School Wellness Policy Building Progress Report

School Name: St. Edmond Catholic School

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This tool is to document each school’s progress in meeting the expectations of the district’s wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in place	Partially In Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals:					
1. Offer as part of a sequential, comprehensive, standards-based program.	X			Part of physical education classes	Rewrite units for gym listing calories
2. Include promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities.	X			Activities could include contests, promotions or taste testing	Field Day Races
3. Promote fruits, vegetables, whole-grain products, low-fat & fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices	X			Lessons on nutritional foods	Students could help plan a menu for breakfast or lunch
4. Emphasize caloric balance between food intake and physical Activity	X			Lessons on nutritional foods	PE unit on physical activity and calories
5. Offer information with meal programs, other foods and nutrition-related community services i.e. cooking classes	X			Collecting nutritional facts	Presenting information to students and parents
Physical Education and Physical Activity Goals					
1. Provide wellness education that includes students with disabilities, that engages students in moderate to vigorous active during 75% of physical education (PE) class time, meets regularly and taught by certified PE teacher.	X			1. All students participate at their individual level. 2. Elementary students meet for 29 minutes on a 3 Day rotation schedule and Middle School students meet for 44 minutes according to student's personal schedule. 3. Classes are being taught by certified teacher.	Making sure heart rate is tracked. May need more heart monitors.
2. Elementary school will offer recess for students that are preferably outdoors (criteria should be established for when indoor recess occurs). Recess should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.	X			TK-1 receive 3 recesses per day 2-3 receive 2 recesses per day 4-5 receive 1recess per day	Move recess before lunch shifts

3. Elementary school will discourage extended periods (i.e. periods two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.	X			Brain Breaks – Yoga, Jogging in Place Dancing	Encourage teachers to provide movement during their class periods.
4. Provide opportunities for physical activity to be incorporated into other subject lessons;	X			Math – Human Number Line (addition and/or subtraction with hopping)	Encourage teachers to provide movement during their class periods.
Nutrition Guidelines for All Foods Available to Students					
1. Food Safety - All foods made available on campus will follow safety and security guidelines and comply with state and local food safety and sanitation regulations.	X			1. Hazard Analysis & Critical Control Points (HACCP) plans & guidelines will continue to be implemented to prevent food illness. 2. For safety and security of food and facility, access to food service operations should be limited to limited to food service staff and authorized personnel.	Kitchen/Taher follow guidelines
2. School will follow Smart Snack in School standards published by USDA to ensure that snack food and beverages sold to students in addition to foods provided through National School Lunch Program and School Breakfast Program are tasty and nutritious.	X			Any food and beverage sold during the school day, any time before the first bell until 30 minutes after the last bell, will meet the nutrition standards.	Meet with providers to select the correct foods/drinks
3. Provide students' access to hand washing or hand sanitizing before they eat meals or snacks.	X				
4. Lunch room snacks are not sold to elementary	X				
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Provide opportunities beyond their PE class for students to receive the nationally recommended amount of daily physical activity and have them fully embrace regular physical activity as a personal behavior.	X			Offer integrated health education that complements PE by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.	Provide engaging PE classes
2. Provide opportunities for physical activity to be incorporated into other subject lessons	X			Math – Human Number Line (addition and/or subtraction with hopping)	Encourage teachers to provide movement during their class periods.

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4.					
Communication with Parents					
1. Support parents' effort to provide a healthy diet and daily physical activity to their children.		X		Provide information about PE and other school-based physical activity opportunities before, during and after the school day via email and social media.	Continue informing parents of available activities
2. Support parents' efforts to provide their children with opportunities to be physically active outside of school.	X			Provide information on community activities i.e. Fort Dodge Recreation Department. MS/HS Open Gym	Continue informing parents of available activities
3.					
4.					
Food Marketing in Schools					
1. The sale of food items that meet nutrition requirements at fund raisers is not limited in any way under the standards by USDA.	X			St. Edmond does not fund raise by selling food.	Encourage nonfood fundraisers
2.					
3.					
4.					
Staff Wellness					
1. Value the health and well-being of every staff member and encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle.	X			Staff members are requested to participate in health coaching services offered by Principal Insurance and Diocese of Sioux City each spring and fall.	Coaching of Faculty and staff 2x a year
2.					
3.					
4.					